

# Honey Glazed Turnips

**Prep time:** 10 minutes

**Makes:** 4 Servings

## Ingredients

**3** turnips, medium, about 1 1/2 pounds (sliced or cubed)  
**2 tablespoons** honey  
**2 tablespoons** canola oil  
**1/4 cup** water  
**1/4 teaspoon** salt (to taste)  
**1/4 teaspoon** pepper (to taste)

## Directions

1. Peel turnips.
2. Dice or slice turnips, 1/2 inch pieces.
3. In a medium saucepan, combine honey, canola oil and water and bring to a boil.
4. Add turnips, salt and black pepper, cover and bring to a boil.
5. Reduce to simmer and cook for about 10 minutes.
6. Uncover and continue to cook until turnips are golden and glazed, about 10 minutes.

Penn State Extension Nutrition Links

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	112	
Total Fat	7 g	
Protein	1 g	
Carbohydrates	13 g	
Dietary Fiber	2 g	
Saturated Fat	1 g	
Sodium	160 mg	

\*Percent Daily Values are based on a 2,000 calorie diet.

## MyPlate Food Groups

Vegetables	1/2 cup
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